

**JUNIOR**

# LET'S GET MOVING!



Physical activity is important for students in Grades 4-6. It can help increase social connections and lead to fun with friends.

## AT SCHOOL >>>

**The following tips can help increase physical activity opportunities for students during the school day.**

- \* **Organize intramurals** during lunch for students of all abilities.
- \* **Have equipment available** at recess for active play or teach older student to lead games and activities.
- \* **Set a timer to go off every half hour** as a reminder to move during the school day.
- \* **Have students write** physical activity-based messaging and reminders to read over the announcements.
- \* **Try not to take away** physical education, DPA, or recess as a consequence.
- \* **Consider sharing the tips below** with your students' families to encourage physical activity beyond the school day.

## AT HOME >>>>

**Kids need to move! Here are some ideas to encourage moving more and sitting less!**

- \* **Ask your child** what type of physical activity they enjoy and then do it as a family.
- \* **Encourage risky play** that can increase physical activity, as well as creativity and the ability to problem-solve.
- \* **Engage kids in active chores**, such as vacuuming, walking the dog, taking out the garbage, and shovelling.
- \* **Co-create family rules** around screen time.
- \* **Discover the amenities available in your community**, such as parks, playgrounds, trails, skating rinks, tennis courts, and pools.
- \* **Organize a community equipment swap** with gear that is no longer being used by your child, but is still in good condition and can benefit another child.